

THREE RIVERS PUBLIC HEALTH DEPARTMENT SUMMARY

SUMMARY OF SIGNIFICANT DIFFERENCES COMPARED TO NEBRASKA

- In 2007-2008, the rate was significantly worse for only one indicator for the adult population in the Three Rivers Public Health Department area, compared to the state. A smaller proportion of adults in this area consumed fruits and vegetables the recommended five or more times daily.

SUMMARY OF SIGNIFICANT DIFFERENCES OVER TIME

- The proportion of Three Rivers adults who visited their doctor for a routine checkup in the past 12 months decreased significantly in the current study, compared to the 2005 baseline.
- The proportion of adults who participated in the recommended level of moderate and/or vigorous physical activity in a usual week increased significantly from the 2005 baseline.

HEALTH CARE ACCESS

Among respondents aged 18 to 64 years in the Three Rivers area, 17.5 percent reported having no health insurance at the time of the survey.

One out of eight Three Rivers adults (12.1 percent) stated they did not have a personal doctor or health care provider. Men in this area (16.4 percent) were significantly more likely than women (6.9 percent) to report not having a personal physician. Women in the Three Rivers area were significantly less likely than women statewide (11.2 percent) to say they did not have a personal physician.

At some time in the past year, 11.7 percent of Three Rivers adults needed to see a doctor but could not due to the potential cost of care.

Six out of ten adults in this area (61.0 percent) reported visiting a doctor for a routine checkup in the past year. This rate represents a significant decrease from 2005 when 76.6 percent of respondents had seen their doctor for a checkup in the last 12 months. Men in this area (53.2 percent) were significantly less likely than women

(69.2 percent) to report having a checkup in the last year.

GENERAL EMERGENCY PREPAREDNESS

In the Three Rivers area, 15.7 percent of adults indicated their household was not prepared for a major disaster. Three-fourths of adults (74.3 percent) stated that they did not have a written disaster evacuation plan.

Six out of ten BRFSS respondents in this area (62.1 percent) did not have a three-day supply of water on hand. Although most households in this county had a three-day supply of non-perishable food, respondents from 17.8 percent of households said they did not.

Similarly, 10.2 percent of respondents indicated they did not have a three-day supply of prescription drugs on hand for all household members who required them.

In this area, 19.1 percent of respondents did not have a working battery-powered radio, while 2.6 percent of households did not have a working battery-powered flashlight at the time of the survey.

The majority of BRFSS respondents in the Three Rivers area said they would leave their homes if public authorities announced a mandatory evacuation due to a large-scale disaster or emergency, but 6.7 percent stated they would not do so.

Three-fourths of the respondents in this area (74.1 percent) indicated they would use a cell phone as their primary means of communication with family and friends in an emergency situation.

More than one-half (58.8 percent) said they would use a radio as their means of getting information from public officials in the event of a disaster.

HEALTH-RELATED QUALITY OF LIFE

Among Three Rivers adults, 89.7 percent considered their general health “good”, “very good”, or “excellent.”

Adults in this area averaged 2.4 days in the past month when their physical health was “not good”. Three Rivers men (1.6 days) reported significantly fewer days with poor physical health than men statewide (2.4 days). They also averaged significantly fewer of these days than Three Rivers women (3.3 days).

In the Three Rivers area, respondents averaged of 2.2 days out of the last 30 days when their mental health was

“not good”. Women (2.9 days) reported significantly more days with poor mental health than men in this area (1.5 days).

Among adults who reported days when physical or mental health was “not good”, these problems prevented them from participating in their usual activities an average of 3.3 days in the past month.

DISABILITY

In 2007-2008, 17.9 percent of adults in this area stated that they have experienced limitation in one or more activities due to physical, mental, or emotional problems.

A health problem that requires them to use special equipment such as a cane, wheelchair, a special bed, or a special telephone was reported by 6.2 percent of adults in this area. Three Rivers women (9.1 percent) were significantly more likely than men in this area (3.7 percent) to indicate they have a need for special equipment due to a health problem.

MENTAL HEALTH

In 2007, 1.5 percent of Three Rivers adults reported symptoms indicating that they experienced serious psychological distress (SPD) in the past 30 days.

Current depression (based on a Severity of Depression score of 10 or more) was reported by 6.5 percent of adults in this area.

A larger proportion of adults (14.0 percent) said they had ever been diagnosed with a depressive disorder, while 6.6 percent stated they had received a diagnosis of an anxiety disorder at sometime in their life.

CARDIOVASCULAR DISEASE

In the Three Rivers area, 3.7 percent of adults said they ever had a heart attack, while 3.6 percent were ever told they had angina or coronary heart disease.

Fewer respondents in this area (1.5 percent) said they had ever been told by a health professional that they had a stroke.

The proportion of adults who had ever been told by a doctor or other health professional that they have high blood pressure was 24.2 percent in 2007.

Three-fourths of Three Rivers adults (76.2 percent) ever had their cholesterol level checked and 70.7 percent had this testing done within the last five years. Among respondents who ever had their blood cholesterol level checked, 38.6 percent had been told it was high.

DIABETES

Among adults in this area, 6.6 percent had ever been told they have diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

ARTHRITIS

More than one-fourth of adults in this area (28.6 percent) reported ever being diagnosed with arthritis.

ASTHMA

The proportion of adults in the Three Rivers area who had ever been told they had asthma was 10.0 percent, while 6.5 percent currently have this disease.

OVERWEIGHT AND OBESITY

Three out of ten respondents in this area (29.3 percent) reported heights and weights that placed them in the “obese” category (Body Mass Index = 30.0+). An additional 40.1 percent of Three Rivers respondents were classified as “overweight” (Body Mass Index = 25.0-29.9). Thus, 69.4 percent of adults in this district were overweight or obese in 2007-2008.

Men in this area (47.1 percent) were significantly more likely than women (33.5 percent) to report heights and weights that placed them in the “overweight” category.

FRUIT AND VEGETABLE CONSUMPTION

Less than one-fifth of Three Rivers adults (17.9 percent) consumed fruits and/or vegetables five more times daily. This rate is significantly lower than the statewide rate of 24.0 percent. Men in this area (10.6 percent) were significantly less likely than Nebraska men overall (19.6 percent) to eat fruits and vegetables this frequently. They were also significantly less likely than Three Rivers women (25.0 percent) to eat these foods five or more times a day.

PHYSICAL ACTIVITY

One-fourth of the respondents in this area (25.9 percent) stated that they had not participated in any leisure-time physical activity (outside of work) in the past month.

More than one-half of Three Rivers adults (56.0 percent) engaged in the recommended level of “moderate and/or vigorous” physical activity in a usual week. This rate represents a significant increase over the 2005 baseline rate of 42.2 percent.

Participation in the recommended level of “vigorous” physical activity in a usual week was reported by 28.1 percent of respondents from this area.

TOBACCO USE

Among adults in the Three Rivers area, 22.6 percent said they currently smoke cigarettes, either daily or on some days of the month.

Among current smokers, 52.7 percent reported trying to quit smoking at least once in the past 12 months.

The proportion of male respondents who said they had ever used smokeless tobacco was 47.6 percent in this area and 16.2 percent currently use these tobacco products.

ALCOHOL CONSUMPTION

Binge drinking in the past month was reported by 22.1 percent of adults in this area. Three Rivers men (30.9 percent) were significantly more likely than women in this area (13.3 percent) to engage in binge drinking.

Heavy drinking was reported by 5.3 percent of respondents. A similar proportion of Three Rivers adults (4.7 percent) said they engaged in drinking and driving in the past month. Men in this area (7.6 percent) were significantly more likely than women (0.9 percent) to drink and drive.

CANCER SCREENING

Among women aged 40 and older in the Three Rivers area, 71.1 percent stated they had a mammogram in the past two years.

Among women aged 18 and older, 97.3 percent reported ever having a Pap test, while 80.7 percent said they had this test within the past three years.

Most men aged 50 and older (85.0 percent) in this area indicated that they ever had a PSA test to screen for prostate cancer, while 71.9 percent said they had this test in the past two years.

Six out of ten Three Rivers respondents aged 50 and older (60.9 percent) ever had a colonoscopy or sigmoidoscopy. One-fourth of adults in this age group (25.1 percent) stated they had a blood stool test in the past two years.

IMMUNIZATION

Three-fourths of adults aged 65 and older in this area (75.9 percent) said they had been vaccinated for influenza in the past 12 months.

A smaller proportion of respondents in this age group (68.9 percent) reported ever having a pneumonia vaccination.

ORAL HEALTH

Two-thirds of respondents in the Three Rivers area (68.5 percent) had visited a dentist in the past 12 months. A similar proportion (67.6 percent) had their teeth cleaned within the last 12 months.

One-third of the adults in this area (35.5 percent) stated they had one or more teeth extracted due to decay or gum disease. Among respondents aged 65 and older, 16.8 percent reported having all their teeth extracted due to decay or gum disease.

THREE RIVERS PUBLIC HEALTH DEPARTMENT: SUMMARY TABLE

INDICATORS	OVERALL			MEN			WOMEN		
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
HEALTH CARE ACCESS									
1. No health care coverage among adults 18-64 years old	921	17.5	NS	393	18.2	NS	528	14.8	NS
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	1,329	12.1	NS	536	16.4	NS	793	6.9	Sig.
3. Needed to see a doctor in past year but could not because of cost	1,330	11.7	NS	539	10.9	NS	791	11.7	NS
4. Visited a doctor for a routine checkup within the past year	1,313	61.0	NS	529	53.2	NS	784	69.2	NS
GENERAL EMERGENCY PREPAREDNESS									
1. Household not prepared for major disaster	512	15.7	NS	208	12.7	NS	304	18.9	NS
2. Household has no disaster evacuation plan	512	74.3	NS	209	72.8	NS	303	76.4	NS
3. Does not have at least 3-day supply of water	509	62.1	NS	207	55.3	NS	302	66.9	NS
4. Does not have at least 3-day supply of non-perishable food	513	17.8	NS	209	13.5	NS	304	18.8	NS
5. Does not have at least 3-day supply of prescription drugs	511	10.2	NS	206	9.5	NS	305	8.2	NS
6. Household has no working battery-powered radio	510	19.1	NS	208	19.5	NS	302	18.6	NS
7. Household has no working battery-powered flashlight	514	2.6	NS	210	2.8	NS	304	2.0	NS
8. Household would not leave home if evacuation were required	484	6.7	NS	192	8.8	NS	292	3.8	NS
9. Household would use cell phone as main source of communication	494	74.1	NS	201	71.3	NS	293	79.6	NS
10. Household would use radio as main source of information	487	58.8	NS	200	62.3	NS	287	52.6	NS
HEALTH-RELATED QUALITY OF LIFE									
1. General health was 'good' to 'excellent'	1,331	89.7	NS	539	91.5	NS	792	88.2	NS
2. Average number of days (in past month) that physical health was not good	1,307	2.4	NS	530	1.6	Sig.	777	3.3	NS
3. Average number of days (in past month) that mental health was not good	1,318	2.2	NS	532	1.5	NS	786	2.9	NS
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	614	3.3	NS	201	2.3	NS	413	4.3	NS
DISABILITY									
1. Limited in any way in any activities due to physical, mental or emotional problems	1,322	17.9	NS	534	16.6	NS	788	18.4	NS
2. Have health problems requiring use of special equipment	1,333	6.2	NS	539	3.7	NS	794	9.1	NS
MENTAL HEALTH									
1. Had serious psychological distress (SPD) in past 30 days	251	1.5	NS	96	1.6	NS	155	1.4	NS
2. Have current depression (based on Severity of Depression score of 10+)	242	6.5	NS	76	2.9	NS	166	9.8	NS
3. Lifetime diagnosis of depressive disorder	257	14.0	NS	83	7.7	NS	174	21.2	NS
4. Lifetime diagnosis of anxiety disorder	255	6.6	NS	83	3.6	NS	172	9.7	NS

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	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
CARDIOVASCULAR DISEASE									
1. Ever told they had a heart attack or myocardial infarction	1,328	3.7	NS	538	4.3	NS	790	3.3	NS
2. Ever told they had angina or coronary heart disease	1,319	3.6	NS	535	4.5	NS	784	3.0	NS
3. Ever told they had a stroke	1,331	1.5	NS	539	1.8	NS	792	1.3	NS
4. Ever told blood pressure was high	516	24.2	NS	210	24.4	NS	306	23.8	NS
5. Ever had cholesterol level checked	515	76.2	NS	209	72.6	NS	306	80.3	NS
6. Had cholesterol level checked during the past five years	509	70.7	NS	207	66.8	NS	302	75.5	NS
7. Ever told cholesterol was high, among those who had ever been screened	445	38.6	NS	178	46.5	NS	267	36.8	NS
DIABETES									
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	1,331	6.6	NS	538	7.2	NS	793	6.2	NS
ARTHRITIS									
1. Ever diagnosed with arthritis	510	28.6	NS	208	24.3	NS	302	32.9	NS
ASTHMA									
1. Ever told they had asthma	1,330	10.0	NS	539	8.9	NS	791	11.0	NS
2. Currently have asthma	1,324	6.5	NS	538	5.7	NS	786	7.3	NS
OVERWEIGHT AND OBESITY									
1. Obese (BMI=30+)	1,260	29.3	NS	531	30.7	NS	729	27.0	NS
2. Overweight (BMI=25.0-29.9)	1,260	40.1	NS	531	47.1	NS	729	33.5	NS
FRUIT AND VEGETABLE CONSUMPTION									
1. Consumed fruits and vegetables 5 or more times per day	512	17.9	Sig.	209	10.6	Sig.	303	25.0	NS
PHYSICAL ACTIVITY									
1. Did not engage in any leisure-time physical activity, outside of work, in past 30 days	1,329	25.9	NS	536	24.4	NS	793	26.8	NS
2. Participated in recommended level of moderate or vigorous physical activity in a usual week	490	56.0	NS	197	56.8	NS	294	55.2	NS
3. Participated in vigorous physical activity 20+ minutes per day, 3+ days per week in a usual week	501	28.1	NS	203	26.5	NS	298	30.8	NS
TOBACCO USE									
1. Currently smoke cigarettes (either every day or on some days of the month)	1,328	22.6	NS	537	25.3	NS	791	19.6	NS
2. Attempted to quit smoking in past 12 months (among current smokers)	244	52.7	NS	114	50.6	NS	130	54.5	NS
3. Ever used smokeless tobacco (males)	--	--	--	318	47.6	NS	--	--	--
4. Currently use smokeless tobacco (males)	--	--	--	123	16.2	NS	--	--	--

Gender Difference Significant?

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	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
ALCOHOL CONSUMPTION									
1. Engaged in binge drinking in the past 30 days	522	22.1	NS	182	30.9	NS	340	13.3	NS
2. Engaged in heavy (chronic) drinking in the past 30 days	1,300	5.3	NS	520	7.1	NS	780	2.9	NS
3. Engaged in drinking and driving in the past 30 days	440	4.7	NS	204	7.6	NS	236	0.9	NS
CANCER SCREENING									
1. Among women aged 40+, had a mammogram in the past two years	--	--	--	--	--	--	517	71.1	NS
2. Among women aged 18+, ever had a Pap test	--	--	--	--	--	--	635	97.3	NS
3. Among women aged 18+, had a Pap test in the past three years	--	--	--	--	--	--	627	80.7	NS
4. Among men aged 50+, ever had a Prostate-Specific Antigen (PSA) test	--	--	--	41	85.0	NS	--	--	--
5. Among men aged 50+, had a Prostate-Specific Antigen (PSA) test in past two years	--	--	--	41	71.9	NS	--	--	--
6. Among men aged 50+, ever had a digital rectal exam (DRE)	--	--	--	41	82.7	NS	--	--	--
7. Among men aged 50+, had a DRE in past two years	--	--	--	40	58.4	NS	--	--	--
8. Among adults aged 50+, ever had a colonoscopy or sigmoidoscopy	639	60.9	NS	240	61.5	NS	399	60.3	NS
9. Among adults aged 50+, had a blood stool test in past two years	568	25.1	NS	212	21.6	NS	356	28.2	NS
IMMUNIZATION									
1. Had a flu shot in past 12 months (aged 65+)	401	75.9	NS	142	70.4	NS	259	80.0	NS
2. Ever had a pneumonia vaccination (aged 65+)	398	68.9	NS	141	65.8	NS	257	71.2	NS
ORAL HEALTH									
1. Visited the dentist in past 12 months	811	68.5	NS	329	64.6	NS	482	73.2	NS
2. Had teeth cleaned in past 12 months	759	67.6	NS	308	63.2	NS	451	72.6	NS
3. Had one or more teeth extracted due to decay or gum disease	800	35.5	NS	324	34.0	NS	476	36.4	NS
4. Had all of their teeth extracted (aged 65+)	254	16.8	NS	90	17.1	NS	164	16.6	NS

NOTES:

"Weighted % or mean" is weighted by health district, gender, and age.

"NS" = Not Significant and "Sig." = Significant. These denote whether or not the district percentage/mean is significantly different from the State of Nebraska